

CONSTANT CRAVING

Chor. Paul Boizot, 2016. Music; Constant Craving by K. D. Lang, from the album Ingenue, available from Amazon mp3*.

Formation; circle or open circle. Rhythm 4/4, one step per 2 beats except q = quick 1 step per beat; the rhythm of the dance steps is slow-slow-quick-quick-slow throughout. Start after 8 bars. The dance fits to the music, but just before the instrumental section there is one less bar of music than usual, so after that the musical phrases then start with the last three steps of the dance sequence.

Arms V. $\rightarrow R, L$; $\curvearrowright \rightarrow sR q$, replace L q*, Rxf;

$\curvearrowright \uparrow L$ (either joined or unjoined) arms coming up high over two steps, R; $\curvearrowright \downarrow L q$ arms coming down, R q, $\curvearrowright \uparrow L$;

rejoin hands if need be $\curvearrowright \downarrow$ V-hold R, L; $\curvearrowright \rightarrow sR q$, replace L q*, Rxf;

$\curvearrowright \uparrow$ rock in L, $\curvearrowright \downarrow$ rock back R; \curvearrowright moving diagonally backwards to the left L q, cl. R q, L beginning to turn to face right to restart the dance. .

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